



DCH Team,

Wow! What an incredible journey this has been. As you know by now, today marks my final day as Commissioner of DCH and my retirement from public service.

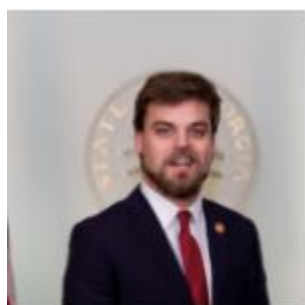
When I began my career in public service in Georgia more than 25 years ago, I did not see an end in sight. The truth is, I never looked for one. My focus has always been on the people – those we serve and work so hard for every day. And as I move on to my next chapter in life, I leave knowing that priority never wavered.

These past five years have been a phenomenal experience for me. In large part, it is because of you – our great DCH team – who have served the citizens of Georgia through exceptional Customer Service, Communication, Teamwork and Accountability. Because of you, I can leave here today confident that we have made tremendous progress as an agency, and our work has indeed left a positive impact on the communities we serve.

As I venture into retirement from public service, I am confident that the agency is in great hands with incoming Commissioner Caylee Noggle, and Deputy Commissioner and Chief Health Policy Officer Ryan Loke. Commissioner Noggle most recently served as Deputy Chief of Staff for Operations in the Office of Governor Brian P. Kemp where she has played an integral role through the state's response to the COVID-19 pandemic.



Caylee Noggle



Ryan Loke

Ryan Loke is no stranger to DCH. He has played a key role in working directly with the agency on our Georgia Pathways to Coverage Section 1115 Waiver designed to provide Medicaid coverage to more Georgians, along with leading the Governor's Office's efforts toward implementation of Georgia Access – the state's 1332 State Relief and Empowerment Waiver – designed to work in tandem with Georgia Pathways to provide Georgians with greater access to affordable, quality healthcare coverage. Prior to coming to DCH, Ryan served as the Deputy Chief

Operating Officer in the Office of Governor Brian P. Kemp. You can read more about their appointments [here](#).

Welcome to DCH, Commissioner Noggle and Ryan.

Yes, I am absolutely going to miss state government tremendously, but as a husband and a dad, I am looking forward to the many new adventures and memories waiting to be made with my family. Along my DCH journey, I know that I've often shared a few of my personal memories and stories with some of you, but this month's [spotlight article](#) showcases other stories, anecdotes and quotes from men across the agency who wanted to share words of wisdom that have been passed down to them; and, in turn, are now passing down that wisdom to others. Joseph Hood, Dr. Kelvin Holloway, Joseph Lindsey, Cedric Greenway, Shawn Green, Jovon Woods, Chas Strong and LaMarte Bell – thank you for sharing your words with us.

Elaine Wright, deputy director of the Healthcare Facility Regulation Division (HFRD), is also retiring. What a year HFRD has had, and Elaine has been standing arm-in-arm with Melanie Simon and their team getting the work done. She also had a [few words for us](#) before she says goodbye, and we are happy to share those words with you as well.

We are thrilled to [announce the appointment of Louis Amis](#) as our new executive director for the State Health Benefit Plan. Louis comes to DCH from the City of Atlanta and brings many years of experience in benefits plan design to the role. Welcome to DCH, Louis!

Finally, we know that internal communications have never been more important with so many of you working remotely. For the past few months, the DCH Communications team has been hard at work creating an additional internal resource meant to provide you with a more helpful, interactive, and engaging way to communicate and stay abreast of the latest happenings at DCH. The [DCH Internal Communications Dashboard](#) is now up and running and will load as your new homepage after one sign-on into the virtual private network (VPN). Please take a moment to review the article to learn more about this new resource.

DCH Team: it has been one of the great honors of my life to serve with you. I hope you and your families are staying safe and well, and as I sign off one last time, I wish you all the very best. Thank you again.

Frank



“REFLECTIONS”

DCH Men Share Words of Wisdom and Funny Stories That Have Shaped Their Lives

The month of June is often dedicated to acknowledging the men who have made a significant impact on the lives of their children, or maybe individuals they have taken under their wings as a positive father figure. We asked the men of DCH to share words of wisdom that have stuck with them throughout their lives, or to share inspiring insight they may have even passed down to their children and/or mentees. Some were even gracious enough to share funny anecdotes proving adults always know best...sometimes...maybe.

Joseph Hood

Chief Compliance and Technology Officer

The best advice you have received from your dad (or a significant male figure) that has been instrumental in shaping your life as a father and/or professional:

“Self-Reliance

My Dad taught me self-reliance and independence. What does that mean?

He taught me or had me work with him on everything from changing brake pads on the car to reroofing a house (I believe there were three houses roofed or patched). He believed you should be able to do most things for yourself. That came from his own work experience of owning and fixing rental properties, to other careers he had such as being a mechanic for the city where he sometimes fixed police cars.



I remember explaining to him that I no longer personally changed the oil in the car anymore since I could pay to have it done easier at the Jiffy Lube – and him being somewhat disappointed.”

The most important advice/wisdom you’ve passed down to your children and/or children you mentor/foster:

“I hope that I have passed down this same advice of self-reliance, work ethic, and independence to the children. Perhaps not in the same manner, as none of them have roofed a house, and I certainly paid someone to roof mine when I was an adult. However, I try to make certain that they know they are expected to work, drive themselves, or walk if necessary, to school and work, and become independent people. The three of them are all working this summer. I mean they can come home after college, but they have to be seeking independence!”

Anecdotal/funny eye-opening stories you have about you and your children//fosters/mentees where they not only learned a lesson, but they taught you one as well!

“Well, with my oldest child, I decided to teach him to drive myself. I would go with him to empty parking lots and let him drive. One time, my wife went with us, all in one car. This was one of his first times driving, and he accidentally drove over a median in the parking lot; one of those island medians that had shrubbery growing. He managed to run both the front and rear tires over the raised concrete median, bending both the front and back rims of the car. I learned a couple of things: One is that we should have left at least one driver at home because when we called the tow truck driver, he only wanted

to take 2 people in his cab. The second was that we need flat straightaways for learning to drive. We decided that we were turning the driving lessons over to the professional driver's school, which we did for him and his remaining two siblings for 40 hours of driving time with a paid instructor. They have an extra brake in their cars, and that would have been very handy in this situation."

Kelvin J. Holloway, MD, MBA

Deputy Executive Director/Senior Medical Director
Performance & Care Management Office
Medical Assistance Plans

The best advice my dad ever gave me was:

"Don't allow anyone or anything to steal your God-given joy and peace. I recall hearing my dad greet people with the word 'peace' as a young child – long before it became popular in the late '60s. I didn't understand the sentiment until much later as I traveled on my own faith journey. It was only then that I came to appreciate how profound the advice was and is. I have shared the same wisdom with our son."





Joseph Lindsey
Facilities Manager
Office of Facilities & Support Services

The advice that I continue to pass on to my children is:

"Nothing is given in life. You've got to work hard and earn everything!"



Cedric Greenway
Systems Analyst
Office of Information Technology

Cedric, a father of six (four boys and two girls), often conveys the following message to his children:

"I always tell my kids an old football quote my former high school head coach use to say to me: 'If it is to be, it is up to me.' That basically means that if you want to make things happen, you have to do it. Don't sit back and wait. Get it done!"



Photo of the Greenways in their younger years.



Shawn Green, DNP, ACNS-BC

Director, Program Integrity
Office of Inspector General

In a previous profile from 2020, Shawn spoke about the massive impact his grandparents had on his life. Although they did not have an advanced education, they instilled in him the values of hard work and treating people well. Shawn notes a few words of wisdom that he holds dear to him courtesy of his father and

grandfathers, who are all now deceased:



“Don’t talk about people, go to them if you want to know something.”
- Royal Mason Sr. (Maternal Grandfather)



“Treat people with kindness, it will take you places.” - Walter Green (Paternal Grandfather)

“Value who you are, know your worth, and trust the process.” - Jerry Green (Father)





Jovon Woods

HR Analytics & Coordination Mgr.
Office of Human Resources

Jovon recalls receiving the words below that have been instrumental in his development. He shares these words with his children as well:

“ ‘Trees are not planted, seeds are planted.’ This means before you get the end result, you must go through the process. Before the seed grows upwards, the roots must grow downward. Do not under value the work that is done under the surface (or inside), even when it seems like little progress on the surface (or the outside).”

“Tell your money where to go, or you may wonder where it went.”

Chas Strong

Director of Communications
Office of Communications



The best advice you have received from your dad (or a significant male figure) that has been instrumental in shaping your life as a father and/or professional:

“Nothing is handed to us in this world. Keep your head down, work hard and follow through on your commitments...and, above all else, be a family man and try to leave the world a better place for your own children.”

The most important advice/wisdom you've passed down to your children and/or children you mentor/foster:

"Treat everyone with equal kindness and respect, especially your MAMA!"



Anecdotal/funny eye-opening stories you have about you and your children//fosters/mentees where they not only learned a lesson, but they taught you one as well!

Remembering what I taught them about how to treat their Mama, the boys and I came up with a plan to cover the entire house with pictures of our family together for mine and my wife's 9th wedding anniversary. This was during the pandemic (April 2020), so we wanted to do something safe and within the confines of our own home.

Charlie (now 8) and Tucker (now 5) pored through a hard drive filled with thousands of pictures and made the vast majority of our selections to be printed and ultimately taped on the walls (as well as appliances, televisions, and yes, even our poor dog) in every room of the house. The boys even came up with the idea of making each room represent a different year. I was so proud – though far from surprised – of their commitment to help create something so beautiful (and TIME CONSUMING) that they knew would mean the world to their mother. And it did!



But the fun didn't stop there. Again, as this was during the pandemic, I couldn't take my wife out to a nice anniversary dinner, so we decided to create our own restaurant with what was sure to be a five-star dinner (you could argue with the results but not our effort!). Tucker helped me prepare the dinner as Charlie proceeded to put on his Sunday finest and serve as waiter for the evening. It was awesome to see that outpouring of love for their mother and the amazing hearts these two wonderful boys have been blessed with. While I've always taught them to exhibit kindness, care and thoughtfulness, they reminded me that day (and the days leading up to it) that sometimes the simplest ideas leave the most lasting impact.

LaMarte Bell, MPA
Budget Manager
Financial Management
Division

If you have ever had a chance to chat with LaMarte, you'd understand that he is a well of knowledge. Here are some words he shared with us:



"My dad is always giving me nuggets of wisdom – it is just his nature. My dad comes from a large family where he is the 11th of 12 children. Although my dad is the youngest son, you would think he was the eldest child because my uncles and aunts used to visit our home so much asking for advice when I was a child.

My childhood is full of memories of family and friends visiting our home to receive advice from my father. Life has a funny way of working out; now that I am older, I find myself giving the same nuggets of wisdom as well to family, friends, and even at times, my coworkers. There is an old saying that may be true in my case: "The apple doesn't fall too far from the tree."

The various moments when my dad has given me advice has continued to resonate with me throughout the years. My most memorable words of wisdom include:

- *'Always be the best person you can be, and do not compare yourself to others.'*
- *'Be unique because there's only one you in this world.'*
- *'Life is full struggles, but with faith, you can overcome.'*
- *'Through faith in yourself, you can achieve anything you set your mind too.'*
- *'Never put a limit on what you can achieve.'*
- *'Always believe in yourself.'*

With my children, I often share with them the advice passed on to me by my father, however, it is shared in my own unique way. Like my father, there are numerous quotes that I pass on to my children. These quotes include:

- *'Always give 100 percent effort in what you do. With 100 percent effort, most of the time, you will receive the desired outcome.'*
- *'The world may try to set limits on you, but do not place limits on yourself.'*
- *'If you believe in yourself, the limitations placed before you can be broken.'*

While growing up, there were many times where my dad used life situations as teaching moments, however, one story regarding cutting grass correctly is a moment I often reflect upon. I was rushing to go on a movie date and half did the job. My dad made me cut the grass in the yard over again, and my date had to go back home. At the time I did not get what my dad was doing, but years later, I understand.

Coincidentally, I encountered a similar situation with my boys about cutting the grass correctly. Both boys were in the yard cutting grass, and when they finished, they had not done a good job. The yard was not horrible; however, it could have been done better. In this instance, they were rushing in order to watch a football game. After noticing the subpar job with the yard, I took them both back outside and made them redo the yard. I told them, 'Do not give 85 percent effort and expect 100 percent results. If you're going to do something, you need to do it right.' That lesson had returned to me full circle.

I feel very blessed to have such a cool dad, especially now that I am older. Our relationship has definitely changed. All of the memories now are just full of laughter. Our talks now are about life, family and being at peace."



DCH BIDS ELAINE WRIGHT A FOND FAREWELL

Winston Churchill, Former Prime Minister of the United Kingdom, once said: “We make a living by what we get. We make a life by what we give.”

For more than 20 years, Elaine Wright, deputy director of DCH’s Healthcare Facility Regulation Division (HFRD), has committed her life to giving as a public servant, tirelessly working to enhance the lives of so many fellow Georgia citizens through her work. At the end of July, Elaine will proverbially swipe her DCH badge for the last time and set sail upon the golden shores of retirement.

“I absolutely cannot believe that I am leaving in just a few weeks,” said Elaine. “I have had such a great career here at DCH; this agency has been really good to me and I’ve loved every day that I’ve been here. For a while, I have felt convicted that I needed to leave while I still had lots of life and energy left in me to do some of the things that are important to me – including caring for my 93-year-old mother, and spending ridiculous amounts of time loving on my six grandbabies. I’m looking forward to doing those things...and much more!”



Elaine Wright (front right) shown with Stacey Hillock (center left) and Melanie Simon during a past Kaiser Permanente Run/Walk/Roll event.

Long before HFRD became the formal name of the division, it was once called ORS, the Office of Regulatory Services. Relying completely on her social work background, and with a vast amount of experience working in adult day care and as a former director of a psychiatric partial hospitalization program, Elaine took a chance and applied for a position as a surveyor with ORS – which she got. As the division evolved, so did Elaine’s role. She continued to progress in her career and will leave the agency as HFRD’s second highest ranking official.

“The role that I have with the division is not something that you can necessarily train for,” continued Elaine. “I never in my wildest dreams thought that I would work with the

geriatric community. I didn't even really know that was a thing. I guess you could say that I kind of stumbled into this career. I always tell people that there are so many great opportunities available in working for the state, you just have to be willing to take them – and I know that applying for that position 20 years ago was a great decision on my part. Working for the division has pushed me beyond anything I could have ever imagined and shown me that I know how to take on a challenge. I am so grateful for the time I've spent working for the state of Georgia and for HFRD."

As Elaine transitions out of her role, she is feeling optimistic about the energetic, forward-thinking individuals who may come after her -- individuals ready to take the reins and continue to advance the division under the outstanding leadership of Melanie Simon.

"I think it's now time for younger, fresher and newer perspectives – people who are critical thinkers and are proactive and solution-oriented with the mindset that it's ok to try something new, even if it doesn't work. They should be people who are ok with trial and error, who also – within that trial and error period – are continuously and consistently working to find answers that will cultivate the desired results."

Although Elaine is excited about her upcoming venture into retirement land, she will miss working day-to-day with her entire team, as well as with Melanie whom she calls the "best boss in the whole world." Elaine commented she strongly encourages anyone who ever has the opportunity to work with Melanie to take the offer with no hesitation. Similarly, Melanie also had her own words for Elaine:

"I have been so fortunate and honored to work with Elaine Wright over the past six years. Under her leadership, the Personal Care Home program became a highly efficient team, performing an extraordinarily high volume of surveys. As it relates to our external customers - the provider community, local law enforcement, advocates and sister agencies, Elaine is widely respected for her knowledge of the rules and her business-like approach. We receive constant compliments about Elaine and everyone always says the same things about her: 'she is always helpful; she answers the phone; she always responds to my emails; I can always reach her; she is always able to answer my questions.' If everyone in the agency was as helpful as Elaine Wright, it would revolutionize our department. She is truly the queen of customer service. We cannot replace her; we can only try to emulate her exceptional talent for serving others. What am I going to do without her?"

A. A. Milne, an English author best known for his books about *Winnie-the-Pooh*, once wrote: "How lucky I am to have something that makes saying goodbye so hard." *For Elaine, no truer words could be spoken.*

"Oh my gosh, it's been great! My time here at DCH has been absolutely wonderful, and I will miss it dearly. I've always said that when I leave DCH to retire, my next step would be to go work in an ice cream or doughnut shop...that's a place where you will always

find happy people,” Elaine states with a chuckle. “Any where there is joy, that’s where I want to be.”

And anywhere you go, your joyful spirit is sure to follow, Elaine. Congratulations on your retirement. All of DCH wishes you well on this next leg of your journey!



INTRODUCING THE NEW [DCH INTERNAL COMMUNICATIONS DASHBOARD!](#)

The DCH Office of Communications (OC) and Office of Information Technology (OIT) have launched an exciting new way to keep you informed of the latest and greatest in internal communications – [our new Internal Communications Dashboard!](#)

This internal resource is meant to provide a more helpful, interactive, and engaging way for team members to communicate and stay abreast of the latest happenings at DCH. It serves as an added resource in support of the various DCH information channels, as well as providing a one-stop-shop for educational and training resources and helpful quick links to various DCH resources.

Here is a quick view of the header you will see once the dashboard is launched:



Please note that in order for the internal communications dashboard to load as your new homepage, **you must first sign into your virtual private network (VPN)**. Just one sign in and your new homepage enables you to easily keep track of the latest news affecting you and your teammates – including announcements, COVID-19 updates, updates from the Commissioner's office and the latest edition of the DCHNOW! newsletter. If you have logged on and still do not see the dashboard, please send an email to dch.communications@dch.ga.gov so we can assess the issue.

You can also easily access the Education and Training sections for links to resources when you feel the itch to learn new skills. Additional employee resources and information regarding upcoming events are a simple click away and are listed at the bottom of the page as well. Each section is designed to help you find everything you need with the click of a mouse!

Finally, the dashboard includes our new **Employee Kudos** section and we love this addition! In this section, you can give kudos to your teammates who deserve a shout out or even an acknowledgement of the great work they are doing. Whether they went above and beyond on a project, or they are celebrating retirement soon, you can use this section to give them a bit of praise for the whole agency to see. Simply [complete the form](#) with “to” and “from” information, type your message, attach an image, and send! As the kudos progresses through the approval process, you will receive automatic email updates and a notification if it is approved for posting to the homepage. There is even an archive of all Employee Kudos, so your teammates can continue to feel appreciated even after their time in the spotlight has passed!

If you have comments, questions, concerns, or anything you’d like to see added to the dashboard, please also submit that information to your Communications team using dch.communications@dch.ga.gov. This dashboard was created with *you* – our DCH team members – in mind! Let us know what you think. We’d love to hear from you!



DCH WELCOMES NEW SHBP EXECUTIVE DIRECTOR LOUIS AMIS

On June 16, 2021, Louis A. Amis joined the DCH team as the new executive director of the State Health Benefit Plan (SHBP). Louis comes to DCH from the City of Atlanta, where he served as the City's Employee Benefits Director for the past 15 years. Louis was responsible for providing strategic leadership and management of the City's Insurance Benefits Plans, Pension Plan, and Leave Administration Plan.



Louis A. Amis

Louis received his Bachelor of Science degree in Political Science from the State University of West Georgia. In his spare time, he serves on the Board of Directors for Sisters by Choice and Prudential's National Consumer Initiative Project. He is also nationally recognized as a speaker for Onsite Wellness Centers and consults with other Public Sector entities regarding Benefit Plan Designs. And, just like many of us, he is dedicated to serving others and helping people live their best lives.

We are excited to welcome Louis to the DCH Team and look forward to his leadership over our SHBP Division!



Melting into Summer

Try some of these activities for summertime fun!



BBQ



EAT ICE CREAM



READ A BOOK



SUN TAN



ROAD TRIP



TAKE PICTURES





COVID-19 Reminders

Get the latest updates on **COVID-19 and vaccines**.

For COVID-19 screenings and personalized care plans for minor health conditions like cold, flu, or sinus problems, **complete an e-visit**. To talk to an advice nurse 24/7, call 1-855-512-5997.

Focus on Men's Health



When it comes to living a long life, there are many preventative measures men can take to maintain good health, including simply visiting a doctor. Here are some resources we hope you'll find helpful in keeping you feeling your best.

- **The importance of screenings**
 - **Wellness tips, tools and activities**
-

Avoid the Rush! Make Time to Schedule Back-to-School Physicals

June is a great time to make an appointment for your child's back-to-school physical exam. Appointments for kids can fill up fast — especially near the end of the summer.

To schedule an appointment: Sign in to kp.org and use our newly updated online scheduler.



Online Scheduling Update

ONLINE SCHEDULING UPDATE

You asked. We listened.
Introducing 24-hour online scheduling for **WAY** more appointment types!

Getting appointments is easy as 1-2-3

- 1 Log in to kp.org
- 2 Book an appointment that fits your needs
- 3 There is no step 3. It's that easy.

Learn more at kp.org/appointments

Your Kaiser Permanente 2021 Wellness Program

Our investment in you
EARN UP TO \$1,000
per household



Participate in Wellness Coaching by Phone

One of the activities you can participate in to qualify for the 2021 Wellness Reward is partnering with a coach through **Wellness Coaching by Phone**.

Whether you want to improve your eating habits, quit tobacco use, manage your weight, reduce stress, or be more active, our wellness coaches can help you find ways to overcome barriers that have kept you from succeeding in the past. Get one-on-one

guidance from a dedicated wellness coach who can help you set goals, stick to them, and, most importantly, see results. Call 1-866-862-4295, Monday – Friday, 10 a.m. to 10 p.m. ET to make an appointment.

Get the details

Each member and covered spouse who completes the Kaiser Permanente Wellness Program is eligible to receive a \$500 reward card — up to \$1,000 per household.

*Only available to Kaiser Permanente members age 18 years or older.

Protect Your Skin with These Sun Safety Tips

It's no secret that too much exposure to the sun's UV rays can lead to premature aging, cataracts, and even skin cancer — the most common cancer in the U.S.¹

We want you to enjoy the outdoors safely this summer. Check out **tips on sun safety** for you and your family from the Centers for Disease Control and Prevention.



Exercise Safely in Georgia's Summer Heat

During a Georgia summer, daily temperatures tend to average in the 90s. And the region's high humidity makes it harder for the body to cope with intense heat.

When temperatures climb this high, it can often seem necessary to put your fitness on hold. But this is likely to make you feel even more sluggish and unwell. **Try following these tips instead,** and you'll be able to exercise safely and comfortably.

Food For Health | Summer Favorites

Summer starts June 20th and soon, bins and baskets full of colorful produce will be available at **Georgia's farmers markets**. Many fruits and vegetables hit their peak over the next three months and are readily available from local farms.



Check out these **summer recipes** for ideas on how to enjoy summer's delicious bounty.

Join us for Yoga at the Battery Atlanta!



When: Mondays at 6:30 pm, weather permitting, and excluding game days.

Who: ***All are invited.*** Make sure to register first since space is limited to allow for social distancing.

What to bring: Water, a mat, and a

friend!

Cost: No charge

Get more information

Watermelon Summer Salad

Healthy Substitutions

Trade high-fat potato salad for a vitamin-packed blend

The benefits

Potato salad is a favorite dish for picnics and potlucks. But it's traditionally made with large amounts of mayonnaise, which is high in salt and unhealthy fats.² While white potatoes have some nutritional value, they're high in carbohydrates. This can make it difficult to keep your blood sugar at a healthy and consistent level.³ Instead:

- In this easy recipe, low-calorie watermelon is the main ingredient. It's high in vitamins C and A to help keep skin and hair healthy. Because watermelon is 92% water, it also helps you stay hydrated.⁴
- Feta cheese is low in calories and fat, and packed with more B vitamins and calcium than mozzarella. The calcium, phosphorus, and protein in feta cheese help your bones stay strong.⁵
- Leafy greens like romaine, kale, and spinach are high in fiber and vitamins that can help reduce the risk of obesity, heart disease, high blood pressure, and dementia.⁶



Anthem   **SHBP**
State Health Benefit Plan
A Division of the Georgia Department of Community Health

INGREDIENTS¹

2 cups watermelon chunks

¼ cup feta cheese cubes

1 cup chopped leafy greens

Olive oil, to taste

Lemon juice, to taste

Salt and pepper, to taste

PREPARATION

Combine the above ingredients and serve.

Time-saving tip: Cut the watermelon up to three days before making this recipe. Just keep it sealed and refrigerated.⁷

¹ Joy of Kosher: *Watermelon Summer Salad* (accessed October 2020): joyofkosher.com

² SFGate: *The Disadvantages of Mayonnaise* (accessed October 2020): healthyeating.sfgate.com

³ Healthline: *Potatoes 101: Nutrition Facts and Health Effects* (accessed October 2020): healthline.com

⁴ Healthline: *Top 9 Health Benefits of Eating Watermelon* (accessed October 2020): healthline.com

⁵ Healthline: *Feta Cheese: Good or Bad?* (accessed October 2020): healthline.com

⁶ WebMD: *Know Your Leafy Greens* (accessed October 2020): webmd.com

⁷ USDA Agricultural Research Services: *Watermelons* (accessed October 2020): ars.usda.gov



Feeling anxious and overwhelmed? Don't stress it! Feeling your best is essential to being your best, so here are [5 tips from experts to keep your stress in check](#). For even more helpful advice, register for the [Be Well SHBP well-being program](#) and check out the Unwinding Anxiety program to learn how to manage your stress.